



Fruits & Vegetables Galore Criteria #4

Promote fruits and vegetables.



Definition: Under “Promoting Fruits and Vegetables” in *Meal Appeal*, choose any one of the following categories to do.

- Jazz Up Your Menus - *refers to Dole 5 A Day materials*
- Get Students’ Attention With Fun Activities – *uses 5 a Day tracker*
- Plan Promotions
- Use Monthly Promotions *refers to Dole 5 A Day site*
- Promote Each Season
- Conduct Taste Tests
- Link the Cafeteria and the Classroom
- Sponsor Nutrition or Health Fairs
- Engage Your Community

Resources:

Fruits & Vegetables Galore - *Meal Appeal*, pgs 16-31

Assignments

School Coordinator Assignments

- Read “Promoting Fruits and Vegetables”
- Ask your food service personnel which category they would like to work on the most
- Decide which category the students would like the best
- Talk with your School Community Council about how you will carry out this criteria
- Get students, teachers, staff and even parents involved with promotion

Note: do not use Dole 5 A Day materials, 5 A Day Tracker, or other items with 5 A Day logo.

FV Galore #4 Ideas

- Come up with really “zany” words for the fruits and vegetable items on the menu
- Track fruit and vegetable intake. You can find trackers at www.foodchamps.org or order from pbhcatalog.org
- Reward students for trying new fruits and vegetables
- Make eating fruits and vegetables fun to do by having a “Guess the Number of Beans in a Jar” contest
- Feature a new fruit or vegetable every month
- Celebrate National Nutrition Month in March
- Set up a table in the cafeteria, and let kids sample new foods
- Make a fruit and vegetable collage and hang it in the hallways
- Bring a local chef to the classroom; feature fruits and vegetables